1K Conversations
920 Texters
9 De-escalations
8 Emergency Service Interventions
65% Shared something for first time
84% Found the conversation helpful
72% Reached out because they had no one else to talk to

Issues
- Relationships: 37.1% State, 33.4% National
- Anxiety/Stress: 35.0% State, 34.7% National
- Depression/Sadness: 32.0% State, 29.8% National
- Suicide: 18.8% State, 17.9% National
- Isolation/Loneliness: 15.6% State, 17.0% National
- Self-harm: 13.2% State, 13.3% National
- Substance use: 2.9% State, 2.8% National
- Grief: 2.0% State, 2.0% National
- Eating/Body image: 3.0% State, 3.0% National
- Emotional abuse: 3.0% State, 3.0% National
- Bullying: 2.9% State, 2.9% National
- Sexual abuse: 2.4% State, 2.4% National
- Physical abuse: 1.3% State, 1.3% National
- Abuse (unspecified): 1.3% State, 1.3% National
- Gender/Sexual identity: 0.5% State, 1.0% National

Race/Ethnicity
- Asian: 1.9% State
- Black/African American: 3.2% State
- Hispanic/Latino: 9.5% State
- Native American / Native Hawaiian / Pacific Islander: 0.6% State
- White: 75.3% State

Age
- 13 or younger: 14.9% State
- 14-17: 33.3% State
- 18-24: 25.6% State
- 25-34: 9.5% State
- 35-44: 11.9% State
- 45-54: 2.4% State
- 55-64: 1.2% State
- 65+: 1.2% State

Gender
- Genderfluid: 1.2% State
- Genderqueer: 2.5% State
- Girl/Woman: 68.1% State
- Boy/Man: 19.0% State
- Non-binary: 4.3% State
- Trans: 4.9% State
- Two Spirit: 1.2% State
- Write In: 3.1% State

Sexual Orientation
- LGBTQ+: 49.1% State
- Straight or Heterosexual: 50.9% State

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. Please note that the total percentages in the race, gender, and sexuality charts will not add up to 100% because texters might identify with multiple identities.